

TOPS® and the Medical Community



TAKE OFF POUNDS
SENSIBLY

TOPS Club, Inc. has been actively involved in the clinical study of obesity and metabolic research since 1966, and has contributed over \$8 million to the Medical College of Wisconsin in support of these efforts.

TOPS Obesity and Metabolic Research Center

- Established in 1994 and located at the Medical College of Wisconsin in Milwaukee, Wisconsin.
- Contributes to milestones of obesity research that result in significant progress including:
 - The paper entitled "Biology of Regional Body Fat Distribution: Relationship of to non-insulin dependent diabetes mellitus". Findings in this study led to the terms "apple shaped" vs. "pear shaped".
 - Identification of a gene that plays a significant role in determining blood levels of HDL cholesterol, commonly referred to as "good" cholesterol.
 - Over 500 TOPS families participated as research volunteers in those studies, making it one of the largest family studies conducted in the United States.
 - TOPS supports and encourages obesity research through The Obesity Society and the Canadian Obesity Network.
- Findings have been published in over 200 of the most reputable scientific papers including *The Journal of American Medicine Association*, and *Nature Genetics*.

TOPS Partners in Research

TOPS partners with Dr. Rena Wing, Ph.D., and the Weight Control and Diabetes Research Center affiliated with Brown Medical School, where TOPS members are the subjects in a study of "Successful Weight Losers." TOPS members also participate in

the National Weight Loss Registry, which is also sponsored by the Brown Medical School.

TOPS partnered in the Bias, Discrimination and Obesity study co-authored by Dr. Rebecca Puhl, Ph. D. and Dr. Kelly Brownell, Ph. D. of Yale University.

TOPS Medical Advisor: Ahmed Kissebah, M.D., Ph.D.

- Program Director of the TOPS Obesity and Metabolic Research Center.
- Internationally recognized as a leader in the study of obesity and metabolic research.
- Contributing author for TOPS' lifestyle guide, *The Choice Is Mine*, and articles for the TOPS' membership magazine, *TOPS News*.

TOPS Achievement Award: The Obesity Society

- TOPS has established an award for scientists who have made major contributions to the field of obesity research in affiliation with The Obesity Society. The most recent recipients of this award include:
 - Michael D. Jensen, M.D. - 2010
 - Walter J. Pories, M.D. - 2008
 - David B. Allison, Ph.D. - 2009
 - James O. Hill, Ph.D. - 2007

TOPS Events

TOPS meets with healthcare professionals at a variety of national conferences throughout the year (such as The Obesity Society, American Dietetic Association/ Food & Nutrition Conference, and the American Association of Diabetes Educators). Exhibits are staffed with trained spokespersons who are living success stories and well informed about TOPS.

TOPS is partnered with The Healthy Weight Commitment Foundation, a national, multi-year effort designed to help reduce obesity—especially childhood obesity—by 2015.